



Physical or Mechanical Restraint Policy (8.608.3)

Physical Restraints: is a restrictive procedure may be used in emergency situations when all other alternatives have failed, and when necessary to protect the person from injuring themselves or injuring others.

- Physical restraints are discouraged and may not to be used as punishment, for the convenience of staff, or as a substitute for services, supports or instruction.
- ABLE employees and contractors will always use the least restrictive interventions possible to ensure safety.
- ABLE employees and contractors are required to have crisis intervention training prior to any implementation of physical restraint techniques.
- During a physical restraint, the individual in the restraint will be monitored to assure that their breathing and circulation are not compromised.
- ABLE does not endorse the use of physical restraints that include the individual being restrained laying on their back (supine position), or being restrained laying on their chest (prone position), as this may inhibit or impede the person's ability to breathe.
- ABLE recommends contacting the police, if possible, when an individual is engaging in actions that could be considered being a danger to themselves or to the safety others. If the police are called, the caller will tell the police dispatcher that the individual has a developmental disability. When the police arrive, immediately tell the police arriving on the scene that the individual has a developmental disability.
- Physical restraints should not exceed fifteen minutes, except only when absolutely necessary for safety reasons, backup shall only be provided by trained employees or contractors, and the person shall be released when the emergency situation no longer exists.
- If a physical restraint is used, an ABLE Program Manager or Director will be notified as soon as the situation is safe. Any injury will be reported as well.
- If a physical restraint is used, an incident report will be completed and filed with ABLE within 24 hours. The incident report will note the start and end time of when the procedure was used, and a description of the procedure used, with an explanation of why it was used. Within three days after use of a physical restraint, the community centered board or regional center, guardian, and authorized representative if within the scope of his or her duties, shall be notified.

Mechanical Restraints: is a restrictive procedure that may be used only in specific situations when all other alternatives have failed, and when necessary to protect the person from injuring themselves or injuring others.

- A mechanical restraint will only be implemented in specific situations as outlined in the plan, and are not to be used as punishment, for the convenience of staff, or as a substitute for services, supports or instruction.
- ABLE employees and contractors will always use the least restrictive interventions possible to ensure safety.
- ABLE will use mechanical restraints only when deemed necessary by a client's Interdisciplinary Team (IDT) and the Human Rights Committees (HRC), and a specific plan has been completed, not included in an ISSP.
- Examples include, but are not limited to: using a deactivation switch to gain control over a wheelchair that it is being used as a weapon, or using a locking seatbelt to restrict access.
- ABLE employees and contractors are required to have training on the mechanical restraint plan prior to any implementation of the mechanical restraint.
- An individual placed in a mechanical restraint will be monitored at least every fifteen minutes by employees or contractors trained in the use of the mechanical restraint to ensure that the individual's physical needs are met and circulation is not restricted or airway obstructed. A record of such monitoring shall be maintained.
- Relief periods of, at a minimum, ten minutes every one hour shall be provided to an individual in mechanical restraint, except when the individual is sleeping. A record of relief periods shall be maintained.
- The mechanical restraint will be ended as soon as the emergency condition no longer exists.
- ABLE recommends contacting the police, if possible, if the staff persons and providers are unable to safely de-escalate the situation. If the police are called, the caller will tell the police dispatcher that the individual has a developmental disability. When the police arrive, immediately tell the police arriving on the scene that the individual has a developmental disability.
- If a mechanical restraint is used, an ABLE Program Manager or Director will be notified as soon as the situation is safe. Any injury will be reported as well.
- If a mechanical restraint is used, an incident report will be completed and filed with ABLE within 24 hours. The incident report will note a description of the restraint used, with an explanation of why it was used. Within three days after use of a mechanical restraint, the community centered board or regional center, parent of a minor, guardian, and authorized representative if within the scope of his or her duties, shall be notified.
- Restraints used for medical purposes for a medical procedure or injury will be authorized by a physician's order and shall be renewed every 24 hours and then documented in the person's record.
- Mechanical or physical restraints used for a diagnostic or other medical procedure conducted under the control of the agency (e.g., drawing blood by an agency nurse) will be dually authorized by a licensed medical professional and agency administrator, and its use documented in the person's record.